

Let's Work This out

Problem: Lost Your Pencil

Rate from 1 to 5: 1

How To Feel Better: Take a deep breath and find the pencil or ask for another one.

Problem: _____

Rate from 1 to 5: _____

How To Feel Better: _____

Problem: _____

Rate from 1 to 5: _____

How To Feel Better: _____

Problem: _____

Rate from 1 to 5: _____

How To Feel Better: _____

**Pibble Dee Pencil
wants everyone to understand
that frustration is normal
for ALL of us!**

